



Cheesy Bacon Potatoes

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



247 kcal

SIDE DISH

Ingredients

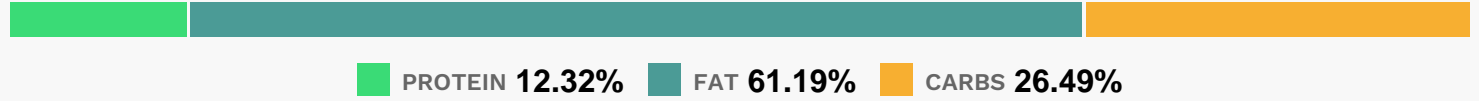
- 8 oz knudsen cream sour
- 2 green onions sliced
- 1 cup mild cheddar cheese shredded kraft
- 4 cups potatoes hot mashed
- 6 slices oscar mayer center cut bacon crumbled cooked

Equipment

Directions

Mix all ingredients until well blended.

Nutrition Facts



Properties

Glycemic Index:14.27, Glycemic Load:10.85, Inflammation Score:-4, Nutrition Score:7.9221739820812%

Flavonoids

Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 246.53kcal (12.33%), Fat: 16.9g (25.99%), Saturated Fat: 7.35g (45.97%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 14.54g (5.29%), Sugar: 1.52g (1.69%), Cholesterol: 38.94mg (12.98%), Sodium: 229.35mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Vitamin C: 17.2mg (20.85%), Vitamin B6: 0.32mg (16.19%), Phosphorus: 148.86mg (14.89%), Potassium: 440.08mg (12.57%), Selenium: 8.65µg (12.35%), Calcium: 115.69mg (11.57%), Vitamin B1: 0.14mg (9.06%), Vitamin B3: 1.79mg (8.97%), Vitamin B2: 0.13mg (7.9%), Fiber: 1.91g (7.64%), Magnesium: 27.71mg (6.93%), Manganese: 0.14mg (6.92%), Vitamin K: 7.18µg (6.83%), Zinc: 1mg (6.65%), Vitamin A: 288.12IU (5.76%), Copper: 0.11mg (5.48%), Vitamin B5: 0.49mg (4.93%), Folate: 18.71µg (4.68%), Vitamin B12: 0.28µg (4.59%), Iron: 0.81mg (4.52%), Vitamin E: 0.29mg (1.9%), Vitamin D: 0.15µg (1.03%)